



YOU CAN COOK  
AND YOU DO HAVE THE TIME

**Kev's Kitchen**

## OLIVE TAPENADE

**Time: 5 minutes**

**Serves: 10**

### **Ingredients:**

300g assorted pitted olives  
80ml extra-virgin olive oil  
30g capers - drained  
2 oil-packed anchovy fillets  
1 clove garlic  
5g fresh parsley leaves  
5g fresh basil leaves  
3g fresh oregano leaves  
Zest of one small lemon - optional

### **Preparation:**

Place all ingredients in a food processor and process until it forms a coarse paste.

Serve immediately or cover and refrigerate for up to one month.

### **Nutritional Information Per Serving:**

Calories: 155  
Fat: 16g  
Carbs: 4g  
Fibre: 0g  
Protein: 0.1g